

Senior Adults

CALL (434) 455-4000

for information about Senior Adult Programs. Our main office is located on the first floor of the Miller Center, 301 Grove Street. Walk-in assistance is available Monday – Friday, 8:30 am – 5:00 pm.

Advance Registration Required

Please see registration information, including deadlines, payment cancellation and refund policies on our registration page. If predetermined minimum numbers are not met by the registration deadline, the activity may be cancelled or late fees may apply.

Make checks payable to “City of Lynchburg”. Please mail or drop off registrations and payments to:

Senior Administrative Aide
Parks and Recreation Department
301 Grove Street, Lynchburg, VA 24501

Adults ages 55 and over and their spouses are welcome. In addition, adults under age 55 may register one week prior to the Senior Program activities as space allows. For the safety and well being of all participants, Senior Adult Program activities and centers are open to all individuals (age 55 and over) and their spouses, who are physically able to negotiate in a center/program setting, are mentally alert, and are able to function *independently*. Those seniors needing assistance may bring a responsible adult of any age. This person must also register and pay activity costs.

Newsletter and Senior Information Packets

Pick up a copy of our monthly newsletter which provides an expanded listing of activities for senior adults. Are you new to the area? Call (434) 455-4000 or stop by and pick up a senior information packet. Each packet includes a current newsletter, ongoing year-round programs, directions to centers, and a City map.

Transportation

The department handicap accessible mini-bus provides curb-to-curb transportation to and from many programs for City senior residents for a nominal donation. Assistance is also available for quick courtesy stops and shopping. Call for more information.

Oklahoma Dinner Theatre Charter Bus Trip Ages 55 & Up

Grab your cowboy hat as we travel to Wohlfahrt Haus Dinner Theatre in Wytheville, Virginia to experience the Academy Award winning musical *Oklahoma*. Listen to the love story of Curly and Laurey as you tap your feet to songs like *Oh What A Beautiful Mornin* and *Surrey With The Fringe On Top*. A quick dinner stop is on your own. Register by 9/8.

CR \$52.00; NR \$67.00

Miller Park Pool Parking Lot – Contact: Jamey Love

Activity #	Day	Date	Time
75000.311	TH	9/14	8:30 am-8:30 pm

“Explore Park” Van Excursion Ages 55 & Up

Visit Explore Park, an outdoor living history park near Roanoke. Explore an Indian village of the 17th century, a fortified frontier homestead of the 18th century and a farm, schoolhouse and blacksmith shop of the 19th century. We will enjoy a special history program, “Tales at the Tavern”, and enjoy lunch at the Brugh Tavern. Dress appropriately and wear walking shoes. Be prepared to spend about two hours on dirt roads with hilly terrain. There is a gift shop available. Register by 10/4.

CR \$35.00; NR \$50.00

Miller Center Rear Parking Lot

Contact: Tamara Reynolds

Activity #	Day	Date	Time
75001.327	TH	10/19	10 am- 4:30 pm

Golden Gourmet at The Homeplace Restaurant Ages 55 & Up

Golden Gourmet participants love to eat, laugh, and be with others while experiencing the food, service, and atmosphere at area restaurants. Travel to the Roanoke area for the delicious, all-you-can-eat, family-style servings at the Homeplace. Along the way, enjoy the beautiful autumn colors of the Virginia countryside. Register by 9/27.

CR \$10; NR \$15 transportation fee payable on site

Dinner on your own (\$13-\$17 for meal)

Departs Meadowbrook Apartments

Contact: Marilyn Bryant

Activity #	Day	Date	Time
75001.319	F	9/29	2:30-6 pm



Otter Creek Trail Hike Ages 55 & Up

Enjoy a fall hike along the peaceful Otter Creek Trail on the Blue Ridge Parkway. This moderate three-and-a-half mile walk takes about two hours. A large part of the trail follows the creek and is flat, but there are areas that require some uphill and downhill walking. A few stream crossings require balancing on stepping stones to reach the opposite side. Wear sturdy shoes and dress appropriately. Bring your own water and snacks. After the hike, enjoy lunch on your own at the Otter Creek Restaurant or bring a bag lunch. Rain date is 9/27. Register by 9/15.

CR & NR \$5.00

Miller Center Back Parking Lot

Contact: Tamara Reynolds

Activity #	Day	Date	Time
75001.310	W	9/20	9 am-1 pm

AARP Driving Class Ages 50 & Up

This dynamic driving refresher course enables older drivers to take to the road with more confidence through enhanced performance and safety skills. This eight-hour course may help your insurance rates. Check with your agent for details. Payment only made the day of the class. Checks should be made out to “AARP”. Register by 10/24.

CR & NR \$10.00

Templeton Senior Center – Contact: Lynn Fox

Activity #	Day	Date	Time
74001.321	TU & W	10/24 & 10/25	9 am-1 pm

Potomac Mills & IKEA Shopping Charter Bus Trip Ages 55 & Up

This always popular charter bus trip comes just in time to help with Christmas shopping, decorating and celebrating. Most of the day will be spent at Potomac Mills, with hundreds of name brand stores and outlet prices. You will receive a shopping bag and complimentary coupons upon arrival. Our next stop will be IKEA, a fabulous discount home interior store. Lunch at the mall and dinner at a nearby restaurant is on your own. Snacks and beverages will be served on the bus. Register and pay by 11/1.

CR \$30.00; NR \$45.00

Miller Park Pool – Contact: Marilyn Bryant

Activity #	Day	Date	Time
75000.331	W	11/15	7 am-10 pm



Senior Adults

Brush Up on Bridge Class Ages 55 & Up

Basic knowledge and some playing experience helpful. Additional practice time is available at the Center on Tuesdays and Thursdays from 9:30 am-12:30 pm. Late payments incur a \$5.00 late fee. Register by 9/6.

CR \$20.00; NR \$30.00

Templeton Senior Center – Instructor: Ed Moldenke

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74002.310	M	9/11-10/16	9:30-11:30 am
74002.321	M	10/23-11/27	9:30-11:30 am

Fall Wreath Class Ages 55 & Up

Create a decoration you can be proud of using a grapevine wreath adorned with silk leaves, natural pine cones and other natural elements. All supplies included.

CR \$15.00; NR \$23.00

Templeton Senior Center – Instructor: Marsha Berry

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74403.310	TU	9/19	7-9 pm

Genealogy Workshop Ages 55 & Up

Learn how to research, catalogue and display your family genealogy. This class for beginners helps you avoid common mistakes, understand and utilize original public records, use Internet resources and understand how to preserve and display your family history. Register and pay by 9/4.

9/6	Introduction to Genealogy – Templeton Center		
9/13	Tour of Jones Memorial Library		
9/20	Internet Genealogy Class – Lynchburg Public Library		
9/27	Trip to Bedford Museum and court records room		
10/4	Research session – Jones Memorial Library		
10/11	Preserving Your Research – Templeton Center		

CR \$25.00; NR \$38.00

Templeton Senior Center – Contact: Marsha Berry

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74003.310	W	9/6-10/11	1-3 pm

Holiday Gift Bag Craft Ages 55 & Up

You'll really get into the gift-giving mood when you transform a plain paper bag using paint, ribbon, buttons, flowers, and rubber stamps. Multiple bags can be created. Register by 11/24.



\$2 per bag, payable on site

Jefferson House Apartments – Contact: Marilyn Bryant

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73501.331	M	11/27	2-3 pm

You don't stop playing because you grow old....you grow old because you stop playing.

Holly & Berries Sweatshirt Ages 55 & Up

Here's an easy to complete holiday shirt with brightly colored holly leaves and berries! Participants must bring their own white or very light colored sweatshirt. Patterns, paints and instructions are provided. Register by 11/27.

CR & NR \$2 payable on site

Templeton Senior Center – Contact: Lynn Fox

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73001.330	TH	11/30	10-11 am

Safety Pin Christmas Tree Craft Ages 55 & Up

Create a beautiful table top Christmas tree for yourself or for gift giving using safety pins and beads! All tree supplies are provided. You may wish to bring scissors and pliers. Register and pay by 9/20.

CR \$15.00; NR \$23.00

Fairview Heights Craft Room – Instructor: Jamey Love

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73101.310	W	9/27-11/15	10:30-11:30 am

Potato Basket Class Ages 55 & Up

You'll be given step-by-step instructions for weaving a decorative, yet functional, round basket. Weaving supplies are furnished. Bring scissors, an awl, spring type clothes pins, a small sharp knife, a towel, a large bucket, paper towels and a measuring tape. Register and pay by 9/25.

CR \$20.00; NR \$30.00

Templeton Senior Center – Instructor: Elizabeth Ford

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74402.320	TH	10/12-10/26	1:30-4 pm

Beginner Line Dance Class Ages 55 & Up

Country line dancing at it's best! Learn the basics in this six-week beginner class. Everyone goes home smiling with simple-to-read handouts explaining each new step and dance. \$5 late fee after 9/18. Class is not held on 10/11. Register by 9/18.

CR \$10.00; NR \$15.00

Fairview Center – Instructor: Linda Parker

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74100.311	W	9/20-11/1	10:30-11:20 am

Chair Yoga & Meditation Ages 55 & Up

Enjoy the quiet and restful art of Yoga. Yoga reduces stress and aids the body through posture and breathing techniques, stretching, and exercises to strengthen muscles and bones. Wear comfortable clothing. Register by 1/2.

CR \$10.00; NR \$15.00

Meadowbrook Apartments – Contact: Marilyn Bryant

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74203.350	TH	1/4-1/25	10:30-11:30 am

Strength & Balance Exercise Class Ages 55 & Up

Regular exercise is the best way to ensure better health and overall well being. Increase your strength and improve your balance as you progress thru this four-week program. Certified instructors help you work at your own pace. Register and pay by the first class of each month.



CR \$20.00; NR \$30.00

Templeton Senior Center – Contact: Fox Lynn

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74204.310	TU & TH	9/5-9/28	1-1:45 pm
74204.320	TU & TH	10/3-10/31	1-1:45 pm
74204.330	TU & TH	11/2-11/30	1-1:45 pm

Easy Does It Fitness Ages 55 & Up

Low-impact, self-paced classes help trim and tone. Regular exercise is the best way to ensure better health and overall well being. Certified instructors help you work at your own pace. Register and pay by the first class of each month.

CR \$10.00; NR \$15.00

Fairview Center – Contact: Jamey Love

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74201.312	M W F	9/1-9/22	12:30-1 pm
74201.322	M W F	10/4-10/25	12:30-1 pm
74201.332	M W F	11/1-11/29	12:30-1 pm
74201.342	M W F	12/6-12/27	12:30-1 pm
74201.352	M W F	1/3-1/31	12:30-1 pm

Ladies Fitness Ages 55 & Up

Low-impact, self-paced classes help trim and tone. Certified instructors help you work at your own pace to stay physically fit. Register and pay by the first class of each month.

CR \$20.00; NR \$30.00

Fairview Center – Contact: Jamey Love

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74200.312	M W F	9/6-9/27	11:30 am-12:20 pm
74200.322	M W F	10/4-10/25	11:30 am-12:20 pm
74200.332	M W F	11/1-11/29	11:30 am-12:20 pm
74200.342	M W F	12/6-12/27	11:30 am-12:20 pm
74200.352	M W F	1/3-1/31	11:30 am-12:20 pm

Golf Outings Ages 55 & Up

Men and women golfers are invited to join this group of recreational senior golfers. Schedules are available at the Miller Center, 301 Grove Street. Transportation is available. Registration by the Friday before required. Additional playing fees charged at each course.

CR & NR \$5.00

Miller Center – Contact: Lynn Fox

Vista Links in Buena Vista

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73707.311	M	9/11	7:10 am-4 pm

Golf Outing - Winton in Clifford

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73707.321	M	10/9	7:45 am-3 pm

Oakwood Country Club in Lynchburg

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73707.331	M	11/13	8:45 am-1 pm

Senior Adults

Horseshoes Ages 55 & Up

Bring your own horseshoes or use ours, and get in shape for our upcoming Horseshoe Tournament. Enjoy the newly renovated pits in Miller Park. Water provided.

CR & NR \$5.00 per month; register and pay on site

Miller Park – Contact: Tamara Reynolds

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73709.310	W TH	9/7-9/28	10:30 am-12 noon

Senior Bowling

No registration required. Weekly recreational bowling without the stress of league attendance and play. All skill levels welcomed.

\$1.07/game, payable on site

Fort Hill Bowling Center

<u>Day</u>	<u>Time</u>
Every TU	1 pm

Senior Adult Softball Ages 55 & Up

Seniors enjoy sports, too! New participants are encouraged to join any time. Softball is open to men and women of all skill levels; play is focused on exercise and fellowship. Challenge games played in Farmville on the third Wednesday each month.



CR & NR \$5.00

Peaks View Softball Field 6 – Contact: Lynn Fox

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73702.310	W	9/6-9/27	9-11 am
73702.320	W	10/4-10/25	10 am-12 noon
73702.332	W	11/1-11/15	10 am-12 noon

Horseshoe Tournament

Ages 18 & Up

Join the fun of pitching horseshoes at Miller Park in the newly renovated clay pits. The tournament is double elimination and teams are drawn by number. Top three winners receive trophies. Concessions available. Adults of all ages are welcome. \$5 late registration fee. Register by 10/5.

CR & NR \$10.00

Miller Park – Contact: Tamara Reynolds

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73709.320	SU	10/8	2-5 pm

Adult Volleyball Ages 55 & Up

Fitness, fun, and friendly competition are the focus of this weekly play. Teams of varying skill levels are formed for men and women.

CR & NR \$5.00

Heritage United Methodist Church

Contact: Marsha Berry

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73703.312	TH	9/7-9/28	3:30-5:30 pm
73703.322	TH	10/5-10/26	3:30-5:30 pm
73703.332	TH	11/2-11/30	3:30-5:30 pm
73703.343	TH	12/7-12/28	3:30-5:30 pm
73703.352	TH	1/4-1/25	3:30-5:30 pm

Halloween Party Ages 55 & Up

You don't have to be a kid to have fun. Just come on out to the Templeton Center for an afternoon of fun, games, contests, and food. Transportation available to City residents. Costumes optional. Register by 10/27.

Free

Templeton Senior Center – Contact: Lynn Fox

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73003.320	TU	10/31	1-3 pm

Health and Wellness Fair

Good health maintenance and preventative care are essential for a long and healthy life. Check out the various screenings, testings, displays and lectures.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
TU	10/10	10 am-1 pm

Senior Housing Options

Learn more about senior housing options in the Lynchburg area. Whatever your financial status or physical capabilities, you are sure to find a home to suit you. Visit the center, talk to local housing representatives, and explore your options. Be an informed consumer!

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
TU	9/12	10 am-1 pm



Veterans' Appreciation Luncheon

Join us at this annual luncheon as we salute the men and women who have so proudly served our country. Enjoy a buffet lunch, a silent auction, door prizes and blood pressure checks by Seven Hills Home Health. Special thanks to the Moose Lodge for their hospitality and support. Transportation is available for City residents who request a ride by 11/8. Tickets are on sale thru 11/8.

CR & NR Non-veterans \$4.50

FREE for veterans age 55 and over who register by 11/8

Moose Lodge 715, Lakeside Drive

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	11/10	1 pm

Santa to a Senior Wrapping Party

Come prepared to catch the true spirit of Christmas as you help wrap gifts for other seniors. Please bring your scotch tape and scissors and plan to stay as long as you can to help support this worthwhile cause. Enjoy cookies, hot chocolate, Christmas music and fellowship.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
TU	12/12	10 am-5 pm

Care Wear Send-Off

You put a lot of love into making hats, gowns, IV covers, etc., and now it's time to get them ready for "send off." Bring in all knitted, crocheted, and sewn articles made for this great organization and see what others have made. Come and share your experiences with others. Light refreshments will be served.

Fairview Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	11/17	10:45 am

Tap Dancers Wanted! Ages 55 & Up

"Tap" into your inner being and reclaim more energy, vitality and love through dance. We are looking for ladies and gentlemen interested in tap dancing. Please call Heidi at (434) 455-4000. A potential class list will be formed.

Free Movie Matinees

Ages 55 & Up

Invite a friend and enjoy a movie on the big screen without the big price! Hot-n-fresh popcorn and cold sodas for just 25¢. See senior newsletter for the monthly movie selection. Transportation is available to City residents for a nominal donation by calling (434) 455-5896 by noon the day before.

Miller Center Auditorium

<u>Day</u>	<u>Time</u>
2nd W	Seating begins 12:45 pm; show at 1 pm

Shopping with Ralph Ages 55 & Up

Every second and fourth Thursday of the month, a local shopping outing is offered to those who need door to door transportation. The first shopping outing is to Wal-Mart and the second one is to another local shopping center. Transportation is available to City residents for a nominal donation. Register by calling (434) 455-5896.

Senior Program Locations

College Hill Center 811 Jackson Sreet

Fairview Center 3621 Campbell Avenue

Jefferson House Apts. 1818 Langhorne Square

Meadowbrook Apts. 1201 Long Meadows Drive

Templeton Senior Center . . 225 Wiggington Road

Call (434) 455-4000 for more information.

Parks & Recreation



Caribbean Cruise

Ages 18 & Up

4/28/07 – 5/5/07

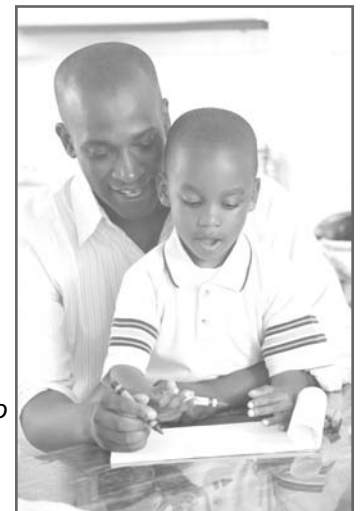
Cruise the beautiful waters of the Caribbean as you visit the islands of the Bahamas, St. Thomas, St. John, and St. Martin. This seven night cruise aboard the Carnival ship, "The Glory", is sure to be a vacation to remember. This all inclusive trip departs from Lynchburg by air to Port Canaveral, Florida, where the cruise originates. Look for details in the upcoming senior newsletter, call (434) 455-4000, or come by the Miller Center for more information.



Please note: Effective 12/31/06, the U.S. Government will require that all passengers, including U.S. citizens, be in possession of a valid passport when traveling on any Carnival cruise.

Neighborhood Center After-School Program

Open to City residents, this program serves children ages 6 to 17. Participants enjoy movies, concerts, arts/crafts and wellness programs. Free tutoring and homework help is available at all neighborhood centers for Lynchburg City School students. Tutors from Liberty University assist students in grades K-12 with math, reading, and other school work. Assistance is also available for GED students. Neighborhood Computer Centers are located at each center. Snacks are provided by Kids Cafe, a program of the Blue Ridge and Lynchburg Area Food Banks and America's Second Harvest. *All participants must register to attend this free after-school center program.* Be sure to register your children at the neighborhood center of your choice.



CENTER NAME	OPERATING HOURS	ADDRESS	PHONE No.
College Hill	M-F 2:30–8 pm	811 Jackson Street	847–1418
Daniel's Hill	M-F 2:30–8 pm	314 Cabell Street	847–1396
Diamond Hill	M-F 2:30–8 pm	1005 17th Street	847–1409
Fairview Heights	M-F 2:30–8 pm	3621 Campbell Avenue	847–1751
Jefferson Park	M-F 2:30–8 pm	405 York Street	847–1405
Miller Park	M-F 2:00–6 pm	301 Grove Street (basement)	455–5890
Yoder	M-F 1:00–8 pm	109 Jackson Street	847–1645

Centers will be closed on the following days:
11/23, 11/24, 11/25, 12/23, 12/25, 12/26, 1/1, 1/15, & 1/26

Directory of Services

Parks & Recreation Main Office: (434) 455-5858

Direct numbers are listed below for your convenience.

Art Program Elizabeth Ford (434) 455-5866
 Athletics Maggie Mace (434) 455-5882
 Aquatics Joanna Nisbet (434) 455-5884
 Challenged Sports Exchange Barb Franz (434) 455-5880
 Neighborhood Centers (Youth) Lisa Misjuns (434) 455-5864
 Naturalist Program Laura Rogers (434) 455-5878
 Nature Zone Laura Rogers (434) 455-5828
 Park Management Andrew Reeder (434) 455-5876
 Rentals:
 Armory Tammy Forest (434) 455-5871
 Athletic Fields Maggie Mace (434) 455-5882
 Aviary Facilities Supervisor (434) 455-5875
 Community Centers Facilities Supervisor (434) 455-5875
 Miller Park Pool Joanna Nisbet (434) 455-5884
 Picnic Shelters Tamara Parker (434) 455-5887
 Stadium Facilities Supervisor (434) 455-5875
 Senior Adult Program Allyson McSwain (434) 455-5837
 Special Events Tammy Forest (434) 455-5871

Visit our web page at www.lynchburgva.gov/parksandrec

Saturday Open Center

First & Third Saturdays

11 am - 3 pm

College Hill, Daniel's Hill & Yoder

Second & Fourth Saturdays

10 am - 2 pm

Diamond Hill, Fairview & Jefferson



Neighborhood Centers

Parks & Recreation

2006 Gingerbread House Contest

*presented by
Lynchburg Parks and Recreation Department*



Gingerbread house entries will be displayed in the Art Department at the Miller Center, 301 Grove Street, 12/4 through 12/7. There is a \$5.00 entry fee. Ribbons will be awarded on 12/4.

Rules:

- The gingerbread house must be constructed of edible ingredients, i.e. gingerbread, cookies, candies, crackers, chocolate, etc.
- Houses must be on a self-supporting base or board no larger than 24" x 24".
- The structure may be no larger than 2' tall at the highest point.
- The entry must be received at the Miller Center, 301 Grove Street, between 2-4 pm on Sunday, 12/3. Houses must be removed by 6 pm on Thursday, 12/7.

Gingerbread House Entry Form

One form per entry. Entries will not be accepted without the \$5 entry fee included. Please make checks payable to "City of Lynchburg".

Name: _____

Address: _____

City/Town: _____

Daytime Telephone Number: _____ E-mail: _____

Participant Category: (Check one)

- | | |
|---|---|
| <input type="checkbox"/> A. Youth (12 & Under) | <input type="checkbox"/> D. Professional Vocational (School/Baker/Chef) |
| <input type="checkbox"/> B. Young Adult (13-17) | <input type="checkbox"/> E. Family, Business/Group (Any Age) |
| <input type="checkbox"/> C. Adult (18 & Over) | <input type="checkbox"/> F. School Classroom K-6, 7-12 (Non-Vocational) |

Complete this form and return with the \$5 entry fee to:
Parks & Recreation Art Department, Gingerbread House Contest
301 Grove Street, Lynchburg, VA 24501

Lynchburg Parks and Recreation cannot be held responsible for any damages that may occur. Please understand that your gingerbread house may at times be left unattended. Therefore, we cannot guarantee complete safety. We will try our best to ensure no damages will occur to your entry. Please sign that you have read and accept this waiver.

Participant Signature

Explore Lynchburg's Trails

Walk...Jog...Bike...Stroll...Enjoy!

The leaves are turning, the weather is cooler, and it's a perfect time to get outside and explore our trails system.

Lynchburg boasts an extensive trails system — and we've just added a new link at Kemper Street — that connects midtown to the Blackwater Creek Bikeway at the Point of Honor trail. Many of our trails run through the Blackwater Creek Natural Area, a linear greenway which has over 300 acres of forested terrain right in the heart of Lynchburg.



Many of our parks have trails that run through them; Peaks View Park has extensive mountain bike trails as well as the fully accessible Ivy Creek Greenway. If magnificent views of the James River appeal to you, head over to the Alpine Trail in Riverside Park, or check out Jefferson Park and the Blackwater Creek Athletic Area to start a hike on the Creekside trail.

Trails system guides are available at many entrance points on the trail and at the Miller Center, 301 Grove Street, or the Kemper Street Station Parks and Recreation offices. You can also view the guides online at www.lyncburgva.gov/parksandrec. Stop by today, explore Lynchburg's trails, and remember....*Trails are great places to share!*

Master Planning for Riverside Park

The Parks and Recreation Department will begin master planning for Riverside Park this fall. We will offer several community meetings for citizens to learn about the history of the park and prioritize renovations. Participants will meet with landscape architects and City staff to discuss many aspects of Riverside Park, including landscape improvements, infrastructure and lighting, further developments to trails and educational transportation exhibits. Help plan the future of Riverside Park by getting involved!



OPEN ALL YEAR LONG
Monday - Saturday
7 am - 2 pm

Community Market
1219 Main Street
Lynchburg, VA 24504
(434) 455-4485

"We're the best thing growing!"

**"Offering a wide variety of farm fresh
produce, quality handmade crafts,
and ethnic cuisine."**



Visit us on the web at www.lyncburgva.gov